

What is your New Year's resolution?

Many Kentuckians will vow to stop smoking, lose weight and live a healthier lifestyle. CHFS supports all of you in your efforts to live and breathe healthier!

Join with your coworkers to walk on your breaks, and eat a healthy lunch to improve your exercise regimen and lose weight.

Your local health department can offer advice and assistance to help you stop smoking. Check out this week's article, New Year's Resolutions for a Healthier Kentucky, for more information on quitting.

Brodt Is No Stranger to Special Investigations

Steven L. Brodt is the new director of the Special Investigations Division in the Cabinet for Health and Family Services' Office of Inspector General. He was appointed to the position by Governor Fletcher on December 16, 2004.



The Division of Special Investigations is the primary investigative unit within OIG. Brodt is uniquely qualified for special investigations work, having retired from the Kentucky State Police after nearly 26 years of service. During his tenure with the KSP, he had many assignments -- from trooper to Lieutenant Colonel. As a Lt. Col., he was assigned as a director of the Services Division and was responsible for oversight of more than 300 employees and a budget exceeding \$10 million.

He has a wide array of investigative experience including narcotics, public corruption, forensics, special operations and intelligence gathering. In addition to the Lt. Col. designation, Brodt held the rank of Lieutenant, Captain and Major, and also was assigned as a commander within KSP.

Brodt, a Virginia native, who grew up in Central Kentucky and now resides in Frankfort, has also served on numerous boards and committees such as the KSP Trial Board, Trooper Island Board of Directors, Strategic Planning Board, Kentucky Crime Council, Capital Projects, Property Accountability, Retirement Board, Awards Board, Promotional Boards and Personnel Selection Boards.

As Special Investigations Director, Brodt is concentrating on investigating and eliminating waste, fraud and abuse in Medicaid and other welfare and assistance programs, as

well as special investigations under the authority of the Inspector General.

"I am extremely pleased that Steve has joined OIG," said Inspector General Robert J. Benvenuti, III. "I am certain that his experience and leadership will be invaluable to the very critical mission of OIG and the dedicated men and women of the Division of Special Investigations."

One way Brodt and his staff are working to combat waste, fraud and abuse in the welfare system is by launching a public awareness "hotline" campaign. OIG is required by law to operate a toll-free phone line for receiving reports of alleged fraud and abuse. As part of the overall plan to increase the OIG efforts in detecting and preventing waste, fraud and abuse, OIG is calling public attention to the hotline through press releases, posters and other means. According to Brodt, "Citizens can and do play a critical role in detecting and preventing fraud and abuse by simply reporting known or suspected fraud and abuse. Some of our best cases are started by hotline calls." Examples of health and welfare programs include Medicaid; Kentucky Children's Health Insurance Program; the Women, Infants and Children nutritional program; Kentucky Transitional Assistance Program/Aid to Families with Dependent Children; and Food Stamps.

"I'm glad to be a member of the Cabinet for Health and Family Services and look forward to reviving or implementing some new strategies for preventing fraud and recovering improperly obtained public funds. For example, in the near future we intend to re-establish our fraud prevention program known as CORE (Cooperative Review Of Eligibility), a proven program that represents an opportunity for enormous savings," says Brodt. In previous years this program saved approximately \$4 for each \$1 spent on the program. Other states using this approach have realized significant savings as well.

"We also plan to implement a program with the USDA that will allow our investigators and police agencies to employ proactive methods in dealing with illegal use and acceptance of assistance benefits," he said. "Additionally, I intend to place more focus on Medicaid providers to improve our chances of collecting money from those that submit fraudulent bills." In 2004, more than \$5.7 million in total program losses were detected through OIG fraud and abuse investigations.

Anyone who suspects fraud or abuse in health and welfare programs can call 1-800-372-2970 to report information to OIG's Special Investigations Division. Almost 5,300 calls were received in 2004, up from 4,600 in 2003. "We intend to generate even more in 2005 as a result of the hotline publicity campaign," said Brodt.

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Commission maximizes state's spirit of community service and volunteerism

At right, AmeriCorps members recite their pledge at the AmeriCorps Launch in September 2004.



By some health indicators and other measures, Kentucky doesn't always compare well to other states. However, there is one surprising national standard the Commonwealth consistently exceeds: Kentuckians statewide volunteer at a rate higher than the national average.

To both capitalize on this spirit of community service and volunteerism and help coordinate volunteer programs and opportunities across the state, in 1994 the aptly named Kentucky Commission on Community Volunteerism and Service (KCCVS) was created by executive order.

Organized within the Human Services area of the Cabinet for Health and Family Services and led by director Eileen Cackowski, KCCVS continues to expand its support of volunteerism through administration of the state's AmeriCorps program and by sponsoring conferences and training seminars for community service professionals, allied agencies and individual volunteer program participants.

CHFS Human Services Undersecretary Michael Fields said recently that Kentucky's high rate of volunteerism has its roots in the pioneer spirit of neighbor helping neighbor that helped establish the state.

"We just know (volunteering) is the right thing to do, and we do it well," Fields said.

There is also a tangible value-added benefit to the communities where volunteers serve. The value of a volunteer hour is \$17.19, according to The Independent Sector, a national organization that works to promote and empower the nonprofit community. This past year nearly 7,000 volunteers recruited by KCCVS-administered programs served 27,410 hours valued at more than \$470,000.

AmeriCorps, sometimes called the domestic Peace Corps, is the cornerstone of the programs and services administered by KCCVS. Since 1994, Kentucky AmeriCorps has placed nearly 2,500 members in service programs across the state. There are currently eight AmeriCorps programs serving 67 Kentucky counties and countless Kentuckians.

AmeriCorps members provide a whole host of direct and support services – from mentoring and tutoring children, providing disaster response and supporting homeland security to building low-cost housing and providing debt counseling and essential services to the homeless and at-risk elderly.

The newest AmeriCorps program, FRYSC Corps, provides assistance and support to the cabinet's Family Resource and Youth Services Centers in public schools across the state. The FRYSCs help bridge the learning gap for students who experience academic difficulties or are academically at-risk as the result of unmet needs at home. FRYSC Corps members help by adding volunteer manpower at the centers to deliver the services and referral assistance students and their families need.

Members must complete 1,700 hours of service during a one-year term for which they receive an annual living allowance of \$10,197. After one year of service, they are eligible for an educational award of up to \$4,725 to help pay for college or repay student loans.

Eileen Cackowski, Executive Director of KCCVS said every AmeriCorps recruit is one person going into service and an entirely different person afterward.

"While they all join out of a spirit of service, most have other motives for joining," she said. "But, at the end of their service, it's never the job or education award they consider most valuable. It's always the lives they've changed for the better, the hope they've inspired and the good they've done that means the most to them."

Governor Ernie Fletcher continued a special tradition begun in 1975 when the 2003 Governor's Awards for Outstanding Volunteer Service were presented in April this year. Awards were presented to 12 winners in eight categories, ranging from a high school freshman who helps to keep a birdsong in the lives of elderly friends, to a woman who has spent nearly a quarter century as a school volunteer.

"The volunteers honored this year are role models for the Commonwealth," said Governor Fletcher. "(They) dedicate their time and energy to make their communities better places to live and raise families. I commend each of them for their continued effort."

The 2004 Governor's Awards ceremony will be held next April in conjunction with National Volunteerism Month and will feature two new award categories: Citizen Corps and Director of Volunteers.

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This year, staff of the Bluegrass Rural Service Region of the CHFS Department for Community Based Services were the first winners of a new award which honors the cabinet service region that collects the most canned beef stew for Make a Difference Day.

In October 2003, Family Resource and Youth Services Centers, AmeriCorps programs, churches, schools and individuals throughout Kentucky collected more than 50,000 pounds of stew which were distributed through food pantries and other anti-hunger organizations. Staff of the Bluegrass Rural Region literally cleaned supermarket shelves of beef stew in Mercer and Anderson counties to capture the top honors in the regional competition.

They also made sure to buy some cans with flip-top lids for the homeless and cans labeled in Spanish for Spanish-speaking residents.

Sponsored by USA WEEKEND and the Gannett Co., Inc., Make a Difference Day is an annual effort to inspire people to help others.

The KCCVS also offers volunteer insurance and Certificates of Appreciation/Citations signed by the Governor to recognize outstanding volunteers.

For more information about everything the KCCVS does to inspire community volunteerism and serve the people of Kentucky, toll-free at 1-800-239-7404 or visit the KCCVS website at <http://volunteerky.ky.gov/>.

CHFS Focus Health Tip of the Week: Early Detection of Cervical Cancer Saves Lives

By Anne Parr, R.N.

Many deaths from cervical cancer could be avoided by increasing cancer-screening rates among women at risk. Studies show that early detection of cervical cancer saves lives. Pap tests can find cervical cancer at an early stage when it is most curable or even prevent the disease if precancerous lesions found during the test are treated.

Cervical cancer screening using the Pap test detects not only cancer, but also precancerous lesions. Women should begin getting a Pap test with the start of sexual activity, but no later than at 18 years of age, and repeat the test at least every three years.

- ◆ The incidence of invasive cervical cancer has decreased significantly over the last 40 years, in large part because of screening for, and treatment of, precancerous cervical lesions.

- ◆ According to the CDC study, "Cervical Cancer Mortality Among Foreign-Born Women Living in the United States, 1985—1996," death rates from cervical cancer increased for foreign-born women while continuing to decrease for U.S.-born women from 1985 through 1996.
- ◆ An estimated 10,520 new cases were diagnosed in 2004.
- ◆ It was predicted that an estimated 3,900 women would die of this disease during 2004.
- ◆ Routine screening for cervical cancer can prevent most occurrences of this deadly disease.

For more information on cervical cancer, visit <http://www.cdc.gov/cancer/nbccedp/about2004.htm> or <http://www.wcn.org/>.

Governor Ernie Fletcher and First Lady Glenna Fletcher Ask All Kentuckians to Donate in Support of Tsunami Victims



Governor Ernie Fletcher and First Lady Glenna Fletcher urge all Kentuckians to help the victims of the Tsunami disaster, which devastated southern Asia on December 26th.

"Our hearts and prayers go out to all of the families who felt the force and devastation of this natural disaster. Glenna and I are asking all Kentuckians to show their compassion by supporting the victims of the Indian Ocean Earthquake and the resulting Tsunamis.

U.N. officials have said it will cost billions of dollars over a period of years to rebuild the destroyed region.

"As President George W. Bush said, the good hearts of the American people is the greatest source of America's generosity," Governor Fletcher said. "I am confident Kentuckians can and will make a difference in the lives of millions of victims in need."

Kentuckians can contact relief organizations in their communities to find out how they can help. People wanting to help can also log onto the website of President George W. Bush for details on how to help disaster victims and their families. The website address is: http://www.usafreedomcorps.gov/content/about_usafc/newroom/announcements_tsunami.asp.

As a symbolic gesture symbolizing that the Tsunami victims are in our thoughts and prayers, the Kentucky flag will continue to remain at half-staff, along with the national flag, for the rest of this week.

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New Year's Resolutions for a Healthier Kentucky

The Kentucky Tobacco Prevention and Cessation Program hopes Kentuckians will vow to be healthier in 2005 with a New Year's resolution to quit smoking. The results of numerous surveys indicate that two thirds of all smokers say they would like to quit smoking and nearly half of all smokers try to quit smoking each year.



"Our hope is that people will think about the effects tobacco is having on their health and give some serious consideration to quitting," said Irene Centers, Program Manager. "A New Year's Resolution to stop smoking is the first step to a healthier future." Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

20 Minutes after Quitting - Your heart rate drops. 12 hours after quitting. Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months after Quitting - Your heart attack risk begins to drop. Your lung function begins to improve.

1 to 9 Months after Quitting - Your coughing and shortness of breath decrease.

1 Year after Quitting - Your added risk of coronary heart disease is half that of a smoker's.

5 Years after Quitting - Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 Years after Quitting - Your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years after Quitting - Your risk of coronary heart disease is back to that of a nonsmoker's.

Kentucky leads the nation in the number of adults who smoke, 30.8 percent, according to a study released by the Centers for Disease Control and Prevention (CDC). The state rate for teens that smoke is 34 percent, and the percentage of women who smoke during their pregnancy is 24 percent.

Tobacco use and dependence is the leading preventable cause of death in Kentucky and the nation. Nearly eight thousand Kentuckians die annually as a result of tobacco related disease.

"It's important to remember that this is more than just numbers," said William D. Hacker, Commissioner of the Department for Public Health. "These people are our friends, neighbors and family members, they should not suffer and die of diseases that could have been prevented."

Health organizations and health departments across Kentucky and the nation are gearing-up to assist smokers who want to begin 2005 tobacco-free. If you think kicking the smoking habit sounds like a New Year's resolution worth pursuing—the state's Department for Public Health wants to help:

You can contact the Tobacco Control Coordinator in your local health department about local resources to help you reach your goal. Programs like Cooper-Clayton combine nicotine replacement therapy (NRT) with group support over a 13-week period to help smokers quit.

For information about smoking cessation or someone to talk to when the conviction to quit waivers; call 1-800-QUITNOW (1-800-784-8669). Callers will receive the most up-to-date information about programs offered in their area as well as brief intervention and cessation information on the phone.

Another option is online smoking cessation programs. Log on to www.lungusa.org/ffs/index.html to reach the American Lung Association's Freedom From Smoking. A new Health and Human Services web site, www.smokefree.gov, offers online advice and downloadable information to make cessation easier. For online information about the Cooper/Clayton Method to Stop Smoking, visit www.kcr.uky.edu/kcp/cooperclayton.htm. A link from this site leads to information about a self-help version of the Cooper/Clayton program.

For more information about the Kentucky Tobacco Prevention and Cessation Program, log onto <http://chs.ky.gov/publichealth/tobacco.htm> or contact Irene Centers at 502-564-7996, extension 3808.

Judge Declines to Block Cost-Saving Medicaid Drug Regulation

On Tues. Dec. 21, a circuit judge declined to block a new regulation on how Medicaid drug prices are set, allowing the Cabinet for Health and Family Services to move ahead with an initiative to save money on pharmaceuticals.

The ruling by Franklin Circuit Judge Roger Crittenden came in a lawsuit filed by the Long Term Care Pharmacy Alliance and the Kentucky Pharmacists Association

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against the cabinet. The pharmacy groups were seeking an injunction to halt the new cost-saving measure that took effect Dec. 4.

“We’re very pleased with the judge’s ruling that will allow us to pay a fair market price for medicines used in the Medicaid program,” said Health and Family Services Secretary James W. Holsinger Jr., M.D. “This is a win for taxpayers and Medicaid members that will help us continue delivering quality Medicaid services at a reasonable cost.”

The cabinet argued that under the old reimbursement system, it was forced to pay prices far in excess of prevailing market prices. The new system lowers the price ceiling on certain generic drugs and will save approximately \$20 million annually.

Prescription drugs costs exceed \$750 million a year and are a leading expenditure in the \$4.6 billion Medicaid program. The cabinet has been working on several modernization initiatives to improve the quality of services and save money. Medicaid provides health services to approximately 680,000 Kentuckians. Medicaid programs across the nation are in crisis, as the spiraling costs of the joint federal-state health program threatens to overwhelm state budgets. Kentucky faces a \$526 million Medicaid shortfall for this fiscal year.

Governor Ernie Fletcher announced in December plans for Kentucky to save millions of dollars by joining a multi-state drug purchasing pool. He also announced improved safety features to protect members who are getting medications through Medicaid’s new pharmacy benefits administrator, First Health Services.

“As a cabinet we are very pleased with our new pharmacy benefits administrator, First Health Services,” Holsinger said. “This is the first of many efforts to deliver 21st century care at a reduced cost through Kentucky’s Medicaid program.”

Frankfort area staff invited to attend King celebration



Frankfort area staff is invited to attend the Martin Luther King, Jr. Annual Celebration on Wed., Jan. 12, beginning at 5 p.m. at the Governor’s Mansion.

Local Option Election — North Goshen Precinct A 101 of Oldham County

A local option election has been ordered to be held on Jan. 25 in the North Goshen Precinct A 101 of Oldham County.

In accordance voting leave regulations, all employees who are entitled to vote, otherwise scheduled to work during the hours that the polls are open, and request leave in advance shall be granted four (4) hours of leave to do so.

Employee Enrichment

By Anya Armes Weber



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better will focus on team building, customer service and personal development.

Have you made a New Year’s resolution to make some changes at work? Brandon McManamy, an organizational consultant in Overland Park, Mo., offers some tips to help you make sure they happen.

Ask someone to be your “coach.” Think of him or her along the same lines as you would a personal trainer for getting in physical shape. This will be your as your “professional” trainer – a supervisor, coworker or mentor. Choose someone who knows what your work is like and can keep your best interests in mind.

Assess yourself. Before creating a workout regimen for a client, a personal trainer will evaluate the state of a client’s health. Do the same thing for your professional situation. What skills do you have or lack for the job you have or the job you want? Know your communications style and how to adapt it. List your strengths and weaknesses. If you don’t know them, it’s hard to know what to improve.

Finally, set your goals. Stretch yourself. Your goals should be practical but require hard work. If the goals are so low that they are easily attainable just by maintaining the status quo, you are probably not going to develop many new skills. Once you have a plan in place for your goals, declare them to your coach. This will help you stick to the plan. Your coach can tell if your goals are too easy.

Good luck!

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